

HOW I'M MAKING INEZ HAHN'S SICK HAIR WELL

By *Antoinette Donnelly*



Cleansing the Hair with a Dry Turkish Towel.

Light Brushing in Cases of Oily Hair.

LAST week I introduced my model, Miss Inez Hahn, to my readers, and today we shall go on with the subject of how to treat sick hair, using Miss Hahn as a concrete example of what should be done to correct oily hair and dandruff disturbances.

Dandruff is a most frequent condition of hair disturbance. It is said to be one scalp disease at whose door a great part of baldness is laid. It forms on the scalp in an abundance of fine scales which become loose in the hair and are apt to be shed upon the clothing.

As a general rule, the scaly condition is more frequent among oily haired people, although it is quite frequently found with dryness of the hair. Especially with the oily hair, it causes an itching of the scalp. If dandruff is allowed to go on neglected the scales will collect in dark colored, greasy crusts which adhere closely to the scalp and annoying irritation and intense itching result.

Miss Hahn had let the condition of her scalp run down until in three months she lost about half of her hair. Her hair was excessively oily and she had a great deal of dandruff. I started her right in with massaging her scalp twice daily, morning and night, to work out the diseased oil in the sebaceous glands and to reduce the swollen condition of these glands, as it was necessary before attempting any dandruff cure to start a healthy circulation in the scalp. It proved to be killing two

birds with one stone, however, for the tonic which I gave her to massage her scalp with also served as a dandruff remedy.

I will repeat the formula here: Roseolin, forty grains; water, one and one-half ounces; alcohol, one and one-half ounces; witchhazel, one and one-half ounces. The witchhazel and alcohol in the tonic, being astringents, help reduce the pores to normal size and also have a drying effect.

Shampooing often enough to keep the scalp clean is the best means of preventing and overcoming dandruff. Because of the oily condition and the dandruff in Miss Hahn's scalp I had her shampoo her hair twice a week. At the end of a month there was a truly amazing improvement in her scalp. Her hair no longer came out in handfuls, as it did at first, when she was afraid to brush or comb it. In fact, a slight shedding of hair—a normal shedding—was the reward of her faithful adherence to the semi-daily scalp massage with the application of the tonic and the frequently shampooed scalp.

An additional measure of cleanliness and as an anti-septic the frequent application of alcohol to the scalp is useful in combating dandruff. It dissolves some of the oil from the hair and dries both hair and scalp. Apply it by parting the hair in various places and rubbing on the alcohol with a small sponge.

There is a good deal of a bogey about the frequent

washing of the hair. If there is a tendency to dandruff it must be washed frequently. Once a week is not too often and even twice a week is recommended, provided you dry the hair thoroughly. Castile soap with a pinch of borax added to the water is the safest cleansing measure.

I do not recommend a vigorous brushing of the hair in cases of excessive oiliness. It simply distributes the oil. Until Miss Hahn's scalp began to be freed of dandruff and oiliness I had her use the comb only. Now she brushes her hair in the evening before going to bed to rid it of the dust accumulation of the day. A further cleansing measure which I had her perform is the use of a rough Turkish bath towel. Part the hair in the center and rub downward to the extreme end of the hair, first on one side and then the other. The back hair is done in the same way. This treatment helps absorb the oil in the scalp and hair.

Dandruff is contagious. It frequently happens that husband or wife has contracted dandruff after marriage, he or she having been free before. And in families of any size one member is likely to have enough of the disease to spread it throughout the rest of the household.

Each member of the household should have his own comb and brush and under no circumstances let another use it. And the first requisite of these toilet articles is that they be kept scrupulously clean. By frequent

washing with water and soap or ammonia and drying in the sun whenever possible the combs and brushes will be kept clean. In addition, they frequently need sterilizing, particularly when used by persons troubled with dandruff. Do this by wetting them in a solution of formalin, a teaspoonful to a pint of water. This solution will not damage comb or brush any more than water will. In sterilizing the hairbrush be sure to wet the bristles up to their bed at least. Better, of course, if you can immerse the brush completely.

Next week I shall continue with my experiment in making sick hair well.

ANSWERS TO INQUIRIES.

B. Z.: I am printing my formula for shampoo for blond hair for you, as I am sure you will be able to keep your hair in good condition after using it. It is not a bleach. Shave a small cake of pure white castile soap into a pint of boiling water and let it stand until thick. Add a few drops of rosewater just before it thickens. Wet your hair so that the jelly will adhere. Then rub until a lather forms. To the first water add a raw egg well beaten and the juice of half a lemon. Rinse your hair thoroughly. The lemon juice gives the golden tint that is so desirable in blond locks. Shampoo your hair with this lotion about once in three weeks.

If your hair is excessively oily I shall be glad to send you my tonic for oily hair if you will send me a stamped, addressed envelope.

* *

PETTY: No, it won't harm your hair to put it up in kid curlers. You may have some discomfort in resting your head on the curlers. You could moisten your hair with a curling fluid before using the kid curlers and then it would not be necessary to put it up so often, as the fluid will keep it pretty and wavy sometimes four days at a time. I shall be glad to send you my formula for hair curling fluid if you will send me a stamped, addressed envelope.

* *

FIFTEEN: A girl 5 feet tall at the age of 15 should weigh 113 pounds. You are welcome. Write to me again when you are in doubt about any beauty matters, won't you?

* *

DOTTIE: Styes are a painful species of small boils that generally form on the edges of the eyelids. They are apt to appear in succession. They usually are caused from a rundown condition of health. Hot applications of boracic acid solution will sometimes check them. If pus has formed the styte must be opened by an incision parallel to the edge of the lid. This should not be attempted by any one except a physician.